WHAT IS CLAIMED IS

1. A linear sliding guide, in particular for inter-adjustable components of office chairs, comprising

- a longitudinal guide rail (1) with guide flanks (9) which extend in a direction of sliding (S);
- a bearing block (6) which lodges in the longitudinal guide rail (1) and has counterpart flanks (10) that are parallel to the guide flanks (9), with the longitudinal guide rail (1) and the bearing block (6) being inter-adjustable in the direction of sliding (S);
- at least one compensation-for-play spring assembly (11) between the longitudinal guide rail (1) and the bearing block (6), the spring assembly (11) being comprised of a substantially cylindrical receptacle (16, 23),
    - which lodges in the longitudinal guide rail (1) or in the bearing block (6),
    - which is disposed in a marginal area of the longitudinal guide rail (1) or bearing block (6) with its cylinder axis being parallel to a respective flank (10), and
    - a clear cross section of which is laterally open by a gap (14, 26) towards the respective flank (10); and
- an elastically deformable spring bushing (15, 22) which is inserted axially parallel in the receptacle (13, 23) such that it acts via the gap (14, 26) on an opposite flank (9) of the bearing block (6) or longitudinal guide rail (1).

2. A linear sliding guide according to claim 1, wherein the receptacle (13, 23) is slight oval in cross-sectional shape, with a long semiaxis (16) ex-

ceeding, and a short semiaxis (17) being less than, an outside diameter (18) of the spring bushing (15, 22).

3. A linear sliding guide according to claim 1, wherein the spring bushing (15, 22) is inserted by radial crush in the receptacle (13, 23).

4. A linear sliding guide according to claim 1, wherein the receptacle (13, 23) is disposed in a rib (12) of the bearing block (6) and is open towards both of its longitudinal ends.

5. A linear sliding guide according to claim 4, wherein a thickness (27) and width (28), respectively, of the rib (12) corresponds to a length of the spring bushing (15 and 22, respectively).

6. A linear sliding guide according to claim 1, wherein the receptacle (23), by its clear cross section, is laterally open by two opposite gaps (26) towards flanks (10.2, 10.3), turned away from each other, of the bearing block (6), with the spring bushing (22) acting on two respective guide flanks (10.2, 10.3) of the longitudinal guide rail (1).

7. A linear sliding guide according to claim 1, wherein a multiplicity of receptacles (13, 23) and spring bushings (15, 22) that are inserted therein are disposed on a bearing block (6) with their respective longitudinal axes at right angles to the direction of sliding (S) and in two different directions of orientation (24, 25) that are perpendicular to each other.

8. A linear sliding guide according to claim 1, wherein the flank (9), actuated by the spring bushing (15), of the longitudinal sliding rail (1) or bear-

ing block (6) is provided with at least one locking depression (19) for the spring bushing (15) to engage with.

9. A linear sliding guide according to claim 8, wherein a multiplicity of locking depressions (19) is provided at a preferably regular spacing (21).

10. A linear sliding guide according to claim 1, wherein the spring bushing is a spring roll of elastic solid material.

11. A office chair with two linearly inter-adjustable components, wherein a linear sliding guide according to claim 1 is provided between two components.